

ENERGY ARTS LIVE: HOLIDAY SESSION NOVEMBER 15 - DECEMBER 17 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<div style="background-color: #cccccc; padding: 5px; text-align: center;"> Heaven and Earth Qigong Guided Practice 9:00-9:30 am </div>	<div style="background-color: #cccccc; padding: 5px; text-align: center;"> Gods Playing in the Clouds Guided Practice 9:00-9:30 am </div> <div style="background-color: #cccccc; padding: 5px; text-align: center;"> Dao Yoga Guided Practice 9:30-10:00 am </div>			<div style="background-color: #cccccc; padding: 5px; text-align: center;"> Daoist Breathing Guided Practice 9:00-9:30 am </div>	<div style="background-color: #add8e6; padding: 5px; text-align: center;"> Dragon and Tiger Qigong 10:00-11:00 am </div> <div style="background-color: #ffff00; padding: 5px; text-align: center;"> Wu Style Tai Chi Long Form 11:00 am-12:30 pm </div> <div style="background-color: #ffff00; padding: 5px; text-align: center;"> Daoist Meditation 12:30-1:00 pm </div>	
	<div style="background-color: #ffff00; padding: 5px; text-align: center;"> Wu Style Tai Chi Long Form 6:00-7:00 pm </div> <div style="background-color: #ffff00; padding: 5px; text-align: center;"> Bagua Water Palm 7:00-8:00 pm </div>	<div style="background-color: #cccccc; padding: 5px; text-align: center;"> Dragon and Tiger Review 6:00-6:30 pm </div> <div style="background-color: #add8e6; padding: 5px; text-align: center;"> TAI CHI Long Form* Beginners (part 2) 6:30-7:30 pm </div>	<div style="background-color: #add8e6; padding: 5px; text-align: center;"> Wu Style Tai Chi Long Form Review 6:00-7:00 pm </div> <div style="background-color: #add8e6; padding: 5px; text-align: center;"> Bagua Water Palm Review 7:00-7:45 pm </div>				

Classes with Master Frantzis

Classes with Senior Instructors

Guided Practices

*Indicates live, pre-recorded-broadcasts. Shown online and on large screen in the Center at scheduled times